



Chichester HERALD

Friday 27th July 2012

YOUR FREE WEEKLY NEWSPAPER

INSIDE: *News* | *Chichester* | *West Sussex* | *South Downs* | *Local News* | *Business* | *Food & Drink* | *Health* | *Travel* | *Arts & Entertainment* | *Obituaries* | *Community*



The Dark Knight Rises
COMPETITION

Page 20



Improve your life
a 1st good karma
HEALTH & BEAUTY

Page 26



Celebrities take the reins
for glorious Goodwood's
SPORT

Page 39

Nunn better for the Dragon

>> *Chichester College student wins prestigious 'National Entrepreneur of the Year Award'*

David Adams

MANAGING EDITOR
d.adams@chichesterherald.co.uk

AN 18-YEAR-OLD student from Chichester College has won the highest accolade from Dragon's Den entrepreneur Peter Jones CBE. Rob Nunn, aged 18, was one of six exceptional finalists from the network of 10 Peter Jones Enterprise Academies across England.

Rob received the award during Peter Jones Enterprise Academy graduates ceremony at Birmingham's Symphony Hall on July 25, 2012.

Chichester College became an Enterprise Academy in September 2011, with the successful stages of helping young entrepreneurs turn their business ideas into sustainable businesses and develop their entrepreneurial talent.

"I was overwhelmed with my award as National Entrepreneur of the Year," said a

delighted Rob.

"Receiving the award from the Peter Jones Enterprise Academy was an amazing honour, absolutely unexpected but an amazing award to win. The Academy is a fantastic place for young entrepreneurs to develop the skills and attributes needed in order to run their

business. We were hugely impressed by the talent and ambition among this year's graduates of the Peter Jones Enterprise Academy."

Rob is looking to develop their career, build their business and be even bigger and better than this year's and I look forward to working with Chichester College and being an ambassador for the Peter Jones Enterprise Academy across England."

Continued on page 3



Rob Nunn, 18, is the winner of the National Entrepreneur of the Year Award 2012. He is standing with Peter Jones CBE, the winner of the award, and the other finalists. Photo: Peter Jones Enterprise Academy.

MORE HEADLINES >>

ARTISTS MUST PROTECT
ROCK DEFENCE 100

Page 3

COMMUNITY WELFARE HEALTH 100
SICKNESS IS A NATIONAL VICIOUS

Page 8

SO MUCH BETTER INDUSTRY CHARITY
100% GOING FOR OLD 100

Page 10

Russells Garden Centre

**HUGE STOCK OF BARGAIN
FURNITURE AND BBQ'S
FOR THIS WEEKEND OF CELEBRATION!**

plants furniture restaurant deli

01243 512925 www.russellsgardencentre.com Find us on the road to West Wittering beach




InterCash

BUREAU de CHANGE

OKAY - SO SHE ASKED YOU IF WE
WERE OFF-DUTY WAITERS FROM
THE CASINO. HER BLONDE MATE
THOUGHT I WAS A NUN!

**WE CAN'T GUARANTEE WHAT HAPPENS ONCE YOU GET OUT THERE,
BUT WE CAN START YOU OFF ON THE RIGHT FOOT BEFORE YOU GO!**

**COMMISSION FREE
FOREIGN CURRENCY
+ Excellent Rates of Exchange**
and our unrivalled InterCash Customer Service

(NOW NEARLY 18 YEARS AS THE MOST POPULAR BUREAU de CHANGE IN OUR REGION)



If you cannot get to us to change your money, please
Make sure that your check very carefully exactly what
note(s) you are actually being offered. Beware of any
hidden charges (we don't have any) and/or any "minimum
amount" requirements (we don't have any of those, either).
And, if you're paying by card, make sure your card
company doesn't charge you foreign exchange
commissions, or any of those!

The exchange rates we advertise every day are the
MINIMUM you will get, even if you are changing just £1 -
there are NO minimum spending limits involved, but
there are better rates for changing larger amounts!



-  105e Commercial Road
(corner Edinburgh Road)
-  120 London Road
North End, Portsmouth
-  Gladstone Place
Buckland, Portsmouth
-  5 Marmion Road, Southsea
-  322 London Road
Waterloooville
-  16 Market Road, Eastgate
Square, Chichester
-  32 Jewry Street, Winchester

LATEST RATES UPDATES & OPENING HOURS AVAILABLE VIA OUR CUSTOMER CARE LINE



Charles &
Maxwell
Bureau de
Change



023 9265 6900
www.intercashuk.com



MOST MAJOR CURRENCIES ALWAYS HELD IN STOCK

MP visits West Wittering flood defence site

ANDREW TYNE, MP for Chichester, visited the site of the flood defence work at West Wittering recently to review a progress report from the Environment Agency.

Once completed, the new defences will provide a better level of protection from flooding to around 2,000 properties, the local school and over 100 holiday homes. The defences are being built out of earth and clay with sand protecting the sea side. West Wittering is low lying and at risk of severe sea flood flooding through overtopping as seen in March 2007. The Environment Agency believe the enhanced defences will improve protection from flooding to the village for the next 100 years.

Mr Tyne met with representatives of the Environment Agency and West Wittering Parish Council. Work started in June in April with a target completion date of September which is within sight. The local community has conducted over 100 man hours in the Flood Defence Fund. The total cost of the project is estimated at between £1.5 million and £2 million.

Kath Martin, vice chairman of West Wittering Parish Council, said: "This is a project that has involved an enormous amount of people in the village who have



wanted to improve the flood defences for many years and there has been a tremendous amount of fundraising. To see it all actually happening after several years of fundraising was a great deal."

James Humphrey, Robert Smith, Dennis area manager for the Environment Agency, said: "We are currently two-thirds of the way through a project which has been long in the making and we anticipate success, despite the challenges of the current weather, by the spring towards the end of the rebuilding of the flood defences here which is of great importance to local people. The Environment Agency has been delighted to work with the local community to do this."

Andrew Tyne, MP for Chichester, said: "I have been very closely involved with this project from the start and so I am understandably very keen it should succeed. It shows what can happen when the energies of local people are released to assist them to help both after themselves as well as the community."

He continued: "I've said local people engaged in working out how to defend themselves from the sea and we need to make sure the relevant bodies and the planning authorities let them get on with it because if the local people are allowed to, they will do the job."

Eight garages tested – only one got it all right

ONLY ONE out of eight garages tested by HSE Trading Standards officers of the required work on a test run.

A new report says the garages were being checked to see if they had a clearly done the work they claimed – whether they had made any holes or installing drains about further work required, or done any work without authorisation.

The garages were targeted following complaints from members of the public. A car was checked beforehand by Trading Standards and then taken to each garage for a service and give MOT check.

Serious problems found included an oil filter which was not changed in a service, engine being changed for a 4 type was said to be damaged, and part of an exhaust needed replacing when no defect was found. Other problems found included an engine overfilled with oil, extra work done and charged for without permission, and tyre pressure which were not checked.

Partial action is now being considered by Trading Standards against four of the garages.

Chichester, Gosport, Gosport Council's (Gosport) for Police Division, said: "Motorists need to be able to trust their garages won't exploit them, as most people are unlikely to be able to check the claims for themselves. In the present economic climate, people are feeling the pinch, and need to be able to rely on work being done competently."

Anyone looking for a garage they can trust can use the Trading Standards Buy With Confidence Scheme.

Continued from page 1

Rub has received national recognition for his hard work and will be given the unique opportunity to represent the Academy as an Ambassador throughout the coming year. Rub was awarded a brand new Alfa Romeo Mito, free car insurance, driving lessons and a financing package for his car as thanks for his support of Peter Jones stores, Alfa Romeo, Cadillac, Jaguar and Nissan Drive Miles.

Peter Jones CEO said: "Rub was simply outstanding. He has the whole package that we are looking for in our candidate for National Ambassador of the Year. He has superb presence, an outstanding commitment to the Academy and a driving ambition to succeed as his own entrepreneurial ventures."

"We were hugely impressed by the talent and ambition shown this year's graduates of the Peter Jones Enterprise Academy. They represent a new generation of young entrepreneurs with the passion, belief and go-getting attitude to achieve their entrepreneurial dreams."

College staff saw Rub as a serious contender for National Entrepreneur of the Year due to his passion for enterprise and entrepreneurialism. Rub, just 17 when he started, has a place on the course that most students become able to reach and be one to the challenge by setting up 'Your Ambition Fund (YAF)' to provide opportunities for young people to learn how to start their career as a pilot.

While studying at Chichester College, Rub received mentoring from local business champions, including business angel Tim



Brooks, from Stoneham's Partnership & Academy who also created an in-house Rub also received the attention of Virgin Atlantic Airways with the formation of a new collaboration venture providing mentoring from experienced pilots and flight simulator experience. With funding available through YAF, new opportunities are opening up for young people who want to start a career as a pilot would be possible.

Although Leggett, Chichester College Principal and everyone is extremely proud of Rub's achievements, "This award is recognition of the talent and potential he possesses. He has served as a great ambassador to the College that for us we hope that he continues to inspire others to follow in his footsteps."

HYPOXIA Studio Chichester
 21 The Haven
 Chichester
 West Sussex
 PO19 7JL

L 02424 533710



No Risk - More Fun!

The HYPOXIA Method is healthier than any plastic surgery and is still highly effective. In only a few weeks you can reduce up to two sizes from your stomach and want without having to go through invasive and risky operations.

Guaranteed success and results from performing, moderate fat burning exercise while HYPOXIA equipment activates circulation in problem areas. It doesn't matter where you want to reduce - abs, hips, thighs or buttocks.

More information,
www.hypoxia.co.uk

HYPOXIA
 design your body

Summer Sizzlers

Just a few of the great offers from Covers

Trade & Retail Welcome

15% OFF
EVERYTHING!
 (Excludes Summer Sizzler Offers)
When you present this voucher with your purchase

This voucher is only available for a single transaction. Voucher valid until 31st August 2012. Not valid on any other offer. *Excludes all out of stock items. Stock at discretion of branch.

Hozelock Hose Reel
 25mtr / Fittings included

FREE
SPRAY
GUN
 WORTH £11



£24.99 each

Gas Stove



£14.99 each

Thakeham Olympic Paving
 Gold or Silver
 18mm or 12mm
 450 x 450mm



£2.27 each

Decorating Pack
 2" Woodcare Brush + Dust Sheet
 5 Piece Assorted Brush Pack + 3 Piece Tool Set



£4.99 per pack

Decorative Stone
 Available in 7 colours
 25kg per bag

3 BAGS
FOR
£14.40



Available in 7 colours
 25kg per bag

Harris Roller Set
 9" Cage Frame
 6 Medium Stave



£2.99 each

Ronseal Fencelife
 5 litres
 Available in 7 colours



£6.99 each

Rhino Tubs
 40 Litres
 Available in 11 colours

IDEAL FOR:-
 - garden gutters
 - water storage
 - fire protection



£4.99 each

CoverDek Softwood Decking
 Tested Reversible

32 x 125mm

£2.05 per m²

32 x 150mm

£2.46 per m²



Your nearest depots are:

Quarry Lane **Chichester**
 Tel: 01243 785141

Mon - Fri 7am - 5pm (All departments)
 Sat: 7.30am - 5pm (Covers House Main)
 Sat: 7.30am - 5pm (Landscaping Centre)
 Sat: 7.30am - 5pm (Trade Centre)

Station Yard **Bognor Regis**
 Tel: 01243 863100

Mon - Fri 7.30am - 5pm (All departments)
 Sat: 7.30am - 5pm (All departments)



COVERS

Timber & Builders Merchants
independent, local & competitive

www.covers.biz

COVERS (UK) LTD. Summer Sizzler is a special offer. It is valid until 31st August 2012. Excludes exclusive offers and current promotional programmes. *Excludes all out of stock items. Voucher valid until 31st August 2012. Not valid on any other offer. *Excludes all out of stock items. Stock at discretion of branch.

WANTED URGENTLY

SCRAP GOLD, BROKEN JEWELLERY, WATCHES ETC.



Lowery Jewellers

74 North Street, Chichester, West Sussex PO19 1LQ
Tel/Fax: 01243 789518 • Email: lowery@btconnect.com
www.loweryjewellers.co.uk

Fines for rogue trader in crackdown by West Sussex Trading Standards officers

A ROGUE trader has been dealt a blow by West Sussex Trading Standards officers by issuing a prosecution.

Following a raid, Worthing Magistrates fined 28-year-old man Nigel Fennell, of The Drive, Eynon and as well as £5,000 costs and a £5000 embargo after he was found guilty of two charges under the Consumer Protection from Unfair Trading Regulations. Fennell made a Chichester resident.

that he could carry out electrical work to his house and issue a statutory safety certificate, which was later found to be false.

However concerns were raised over the standard of the work and the headmaster subsequently needed to pay £250 for an independent inspection report and then £5,000 for remedial work by a qualified trader.

Students celebrate in style

THE PRESIDENTIAL School Year 8 leavers celebrated their relationship success in style last week with a day out in London. Over 80 per cent of them had obtained relationships to their public schools, no more just when schoolships are no longer interested in their nature of academic reasons.

The London day out began with a trip to the National Gallery to view some of the famous paintings on display there. Then they went to the British Museum, a tour of Covent Garden to the Strand which witnessed them to lunch. After lunch and a short shopping spree in Covent Garden they went to the Palace Theatre to Cambridge Circus for a mature performance of Ropage in the Stars.

The Head Master of Prebendal, Mr. Tim



Cassell, who accompanied the party said:

"The children had a thoroughly well-deserved and good time. The highlight of the day out came at the end of the performance at the Palace Theatre, when the whole company on the stage were bravely singing and dancing in the rain and the whole of the front line were, including the Prebendal party got soaked. We are always sorry when our senior pupils have to leave Prebendal but we hope that they take many happy memories with them, including this day out in London."

Appeal after woman found unconscious

POLICE are appealing for information as to what may have happened to a woman who was found unconscious as a result in Rogor Regis.

The 30-year-old woman, who had been drinking, had been walking in Sturges Road on Monday, 26 July.

A police spokesman said: "We found the woman unconscious on the road

at 5.30pm that evening. She had major bruising but she cannot remember what happened before being taken by ambulance. We would appeal to anyone who was in the area or a silver or grey car which might have stopped to ask her if she could help to come forward. They should contact Sussex Police on 101 quoting serial 1212 of 1077."

Body found in water at Itchenor

OFFICERS were called by the Coastguard Service to Itchenor Fishing Club, near Chichester, following reports of a body in the water on Sunday. The body of a man, wearing swimming trunks and goggles, was recovered a short while later from just outside the harbour on the salt flats at gipsy. The body is believed to be that of a 40-year-old Chichester man. Police are now treating the incident as suspicious.

Police investigate fatal collision

POLICE are investigating a fatal road collision in Rogor Regis on which happened on Saturday afternoon.

At around 4.30pm a grey Skoda Octavia entered The Old Coach Road at the end of West Wood Drive where it crossed the reservation and collided with a van.

Both the driver, 39-year-old Mark McDonald of Colwyn, Rogor Regis, died at the scene.

Police are appealing for anyone who may have witnessed the collision to contact Sussex Police on 101 quoting Operation Pembroke.



CHILLI FIESTA

moved to 25, 26 & 27 August

West Dean Chichester
West Sussex PO18 0PC
Tel 01243 818210 / 811301
www.westdean.org.uk

Opening hours
10.30am - 4.30pm Saturday
10.30am - 5.30pm Sunday and Monday

Admission
Adults £11.50 (plus concessionary)
Save 15% by booking online
before 14 August
Bookings by Rail to be
Direct Coach to West Dean College



**WEST DEAN
GARDENS**




Community Wardens health pilot scheme is a national success

ANATIONAL PILOT involving Community Wardens in the Chichester District targeting support to help older and vulnerable people manage their medicines has been a success.

The Wardens were one of only three Health Authorities in the country to take part in the trial. They were approached to participate by Age UK England and the Royal Pharmaceutical Society.

"The warden provides a friendly, reassuring face within the community. This project addressed the regular visits and services they already carry out in supporting older and vulnerable people within the Chichester District," says Gill Edmon, Local Cabinet Member for Leagues, Wellbeing, and Community Services at Chichester District Council.

10% of people aged 75 or over take at least one medicine, and over a third take four or more. The likelihood that an elderly person will be discharged from hospital on the same medicines they were admitted with or less than six weeks. In fact, only of patients will have three or more medicines changed during their stay. Therefore, there has been an agreed system in place to track and manage different medicines issued by doctors, hospitals, pharmacists etc., and those bought off the shelf.

"This pilot tested new patient information materials, covering all prescription medicines, herbal medicines, and over-the-counter, to help combat that. They were designed easy to

understand and offer local support. We're pleased with the results - 80% of participants now better understood why they take specific medicines - an increase of around 50%. More also had increased confidence in which medicines they should take regularly, and are keeping an up-to-date record in case of an emergency. Wardens also helped people identify medicines that they no longer needed to avoid confusion and risk.

"The outcomes show that our Wardens provide effective targeted support to help potentially reduce the medicines in the community. Their families and carers now feel better able and more confident in managing and understanding the medicines they take. Also, our Wardens can now identify cases where the community nurse and help target support to older and vulnerable people even more than they already do."

The results of the pilot have been incorporated into national guidance on keeping patients safe and getting their medicines right, which was presented at the Royal Pharmaceutical Society's Medicine Safety Symposium.

For more information, please contact Andrew Wiley, Community Development Manager at Chichester District Council on 01243 534928 or email awiley@chichester.gov.uk.

Weekly jobs in childcare bulletin launched

WEST Sussex County Council has launched a weekly bulletin promoting jobs available within childcare.

The bulletin has details on jobs on all sectors of childcare in West Sussex and volunteering opportunities.

Cabinet Member for Children and Families Peter Evans said: "Those who work in childcare provide a vital role in shaping the lives of future generations."

"Our Family Information Service not only promotes job vacancies, but can also advise on qualifications needed for the childcare industry and how the profession can be around your working responsibilities."

"There are many childcare settings that can offer career opportunities - day nurseries, out of school clubs, pre-schools,

playgroups and children's centres.

All vacancies and vacancies, working directly with children, will receive full training and be subject to a full CRB check.

To sign up to the weekly bulletin, go to www.westsussex.gov.uk and click on 'Send alert' on the home page.

The Early Childhood Services Team are also available to talk to anyone new to working with children, or considering starting a career in childcare, about the variety of roles and opportunities available. Just contact 01243 777677.

Childcare providers wishing to advertise their job vacancies on the weekly bulletin should visit the web page at www.westsussex.gov.uk/jobs_in_childcare and see 'Related links'.

Local school children 'bling' their bikes

SCHOOLCHILDREN in the Chichester District have been 'blinging' their bikes to celebrate a national week of cycling.

Pupils at Junior Highwood School in Chichester held a Bling Your Bike event to celebrate national Bike Week recently. In total, 38 children took part decorating bikes and scooters, along with three members of staff.

Three pupils were chosen as the winning decorated bikes and each won a prize of a cycle computer, provided by West Sussex County Council, and donated by Kollage. Meanwhile the cyclists attended a case

study along with at The Cross in Chichester during the week. The event included bike security marking and a bike doctor who carried out safety checks.

Councillor Anna Connor, Chichester District Council's Cabinet Member for Environment and Community Safety, says:

"Many cycling initiatives were a valuable during Bike Week. The Cycling Embassy and others involved have a great success. Junior Highwood has given some Chichester District 100 awards, both children and adults, the skills and confidence to get out on two-wheels this summer."





Stagecoach Chichester

Is booking NOW for our 7-18 year olds
Summer Holiday Workshop
13th-17th August 2012

Call: 01243 587 885
to book a place
email: chichester@stagecoach.co.uk

The original, largest and STILL the best network of performing arts schools in the world.

Nurturing and developing young peoples potential through dance, drama and singing.

For 4-18 year olds, at weekends and holiday workshops.



SING! DANCE! ACT NOW!

 **Theatre Arts Schools Stagecoach**

Bedroom by
feather & black
Clearance Outlet



Offer of the week



Riley King Size Bedstead Was £429 Now £175 Save £254

- Beds from £175 • Furniture from £59 • Mattresses from £199 • Bedlinen from £6
- Accessories from £8 • Kid's Beds from £99 • Kid's Furniture from £49

Visit Feather & Black's largest UK clearance outlet.
Items added daily, first come, first served.

Feather & Black Chichester,
Terminus Road, PO19 8ZZ
Tel: 01243 380 636 www.featherandblack.com



*All clearance products are subject to availability and are sold as seen.

Covers legend passes away

FAMILY and friends are mourning the loss of popular 'timber guru' Frank Holmes, who died peacefully on July 8 surrounded by his family.

Frank worked for Covers for six years rising from a Timber to Timber Director. Covers was Frank's life and he did not actually retire from Covers until he was 50 years old and then only because of illing health.

What Frank didn't know about timber wasn't worth knowing and over the years became known within the timber industry as a 'Timber Guru'.

Frank liked nothing better than imparting his knowledge to others, giving lectures at local colleges and schools. Many schools took up Frank's offer of tours of Covers' Yard and he could often be seen taking classes of children around explaining about the wood where it came from, showing them the Timber Mill and how it operated and what the standard wood would be used for.

Frank's funeral took place at Cheshire Crematorium on Monday. The funeral was presided over by Rev in Querry Lane, Cheshire with Frank's wedding on one of his beloved Covers timber trailers to enable Covers staff to say their final farewells to the man who has become a Covers legend.

Going for gold!

START and volunteers at a 3m. Cheshire will be going for gold after receiving a wonderful donation of Olympic memorabilia.

Seeing the Olympic Torch pass through the city last week, Sarah Cooper was reminded of all the Olympic items belonging to her late husband Malcolm who was a member of the GB Shooting Team 1970-1976.

Now living in New Zealand, Sarah reached in Cheshire last week and on Friday she took the collection to our South Street store. The collection comprises several opening ceremony outfits, souvenir plates, trinkets and bags and even a pair of Levi jeans with gold-plated struts.

Malcolm first shot for GB in the World Championships in Phoenix, Arizona in 1970. He was gold in the World Championships 1976 and was fifth at Montreal in 1976 and was selected for Moscow in 1980 but not presented to attend because the Russians were in Afghanistan.

He won Gold and equalled the Olympic record in LA in 1984 and again with a new Olympic and equal

world record in 1988 at Seoul. He is the only person to have won that event twice.

He competed in Commonwealth Games in 1970, 1976, 1980 and 1986. Malcolm was a partner of St Martin's Hospice and died of metastatic cancer.

Sarah said: "I thought I would watch the Olympic Torch and while standing there thinking it would be nice to donate all of Malcolm's things to the Hospice shop. I thought it would be a nice way of returning all the help I gave as when he was poorly."

Sarah herself competed on the Olympic Games in 1984 and 1988 and they both won gold medals at the 1988 Commonwealth Games.

The collection travelled Shop Manager, Lesa Francis who has been undertaking extensive sporting memorabilia to see how much the items would be worth. Some of the items will be sold in the shop, while others will be sold via St Martin's Hospice's online shop.

"I was so excited when Sarah came in, I was blown away," Lesa says.



Manager of the Cheshire South Street shop, Lesa Francis, using one of the items like the opening ceremony and relay in Australia. She is also a past design packaging and a sports bag for the 1988 Games.

introducing
Ripples

**SUMMER
SALE PRICES
NOW IN
FULL BLOOM.**

0-1 Hillside, Hillside House, Green Street, Cheshire, PO19 1LH
Tel 01243 776661

Award winning showrooms nationwide www.ripples.co.uk





**Aldingbourne
Country Centre**
Support Change - Live Life - Change Lives

A GREAT FAMILY FUN DAY OUT

Like the idea of supporting a local charity by having a great family fun day out by getting up close to farm animals; enjoying woodland walks; experience a round of mini golf and have a go on the remote control cars and more, **here it is Aldingbourne Country Centre is what you need to do this summer.**



**NEW FOR
SUMMER 2012
MINI GOLF
& REMOTE
CONTROL CARS!**

DATES FOR YOUR DIARY

Sat 28th July, Sun 29th Aug & Sun 24th Aug	Get up close to real life Daisies	10-3 From "Daisies 4"
Sat 28th July & Sun 27th Aug	Meet "Woolly and Pippin"	10-3 From Pook House and Gardens
Sunday 1st Aug	Meet "Pook and Pippin"	11-3 From Pook House and Gardens
Sat 28th July, Sun 29th Aug & Sat 18th Aug	Woolly and Pippin Making	11-3 From Pook House and Gardens
Sunday 4th Aug	Animals @ Aldingbourne Craft Day & Face Painting	11-3 50 per child accompanied by adult
Thursday 12th Aug	Be a mini woodwork house	12-3 10-3 11-3 12-3 13-3 14-3 15-3 16-3 17-3 18-3 19-3 20-3 21-3 22-3 23-3 24-3 25-3 26-3 27-3 28-3 29-3 30-3 31-3
Sun 15th Aug & Sat 25th Aug	Jack Woodworking	10-3

EAT, DRINK AND SHOP

In the newly refurbished licensed cafe you'll find an appealing menu using fresh, local produce. Bring your own money and feel good that the money you spend is going to a wonderful cause. Coffee, breads, cakes, cereals, jewellery, toys, savings and more or why not take away a selection of seasonal fruit vegetables grown on site. Not forgetting a wide range of spring, bedding, patio and basket plants.

CHILDREN'S DAY WORKSHOPS

These workshops offer children the opportunity to learn modelling clay while learning the basic techniques of rolling, wedging and pinching. In a themed workshop children are encouraged to use their imagination to create individual handmade pieces. Sessions run for 1 hour. Ages from 4 years to 11 years. Includes a materials, tuition and a display. Children are given a certificate for their work. Book in advance at www.aldingbournefarm.co.uk or call 01243 542475

WOODLAND AND NATURE TRAILS - JOURNEY STICKS AND WOODLAND GAMES
Take a journey through our woodland collecting nature items, playing



EARTHWORKS SUMMER WORKSHOPS

planet and working facts and figures. The workshop is held in a series of 10 short sessions, starting at 10am. 30th Aug 5-6 years accompanied by an adult and 3.00pm 4.00pm Aug 7-11 years Monday 23rd July - Friday 27th July, Monday 30th August

Friday 3rd August, Monday 6th August - Friday 10th August, Monday 13th August - Friday 17th August, Monday 20th August - Friday 24th August, 10-3

GREEN MAN OF THE WOOD-CLAY WORKSHOP
Learn about the Green Man of the Woods, then make your own Green Man.

Men Meet from Day. Session runs for 10 minutes. £7 per child aged 6 years and over. Includes all materials and a bag of clay. Friday 3rd August

ANIMAL TRACKING
Learn about the different tracks animals leave and look for tracks in the woodland, then make your own animal tracks.

Bookings for all workshops go to: 01243 542475. Bookings for all workshops go to: 01243 542475. Bookings for all workshops go to: 01243 542475. Bookings for all workshops go to: 01243 542475.

OPEN MONDAY - SUNDAY 10.00 - 16.00 FREE PARKING AND FREE ENTRANCE.
(SMALL FEE TO ENTER ANIMAL ENCLOSURES ON OPEN FARM, MINI GOLF AND REMOTE CONTROL CARS)
BLACKMILL LANE, NORTON, CHICHESTER, WEST SUSSEX, PO18 0JP T: 01243 542 075
WWW.ALDINGBOURNETRUST.CO.UK

Wedding bells at Hospice



THEY SMILE alone briefly for the wedding of Margaret Straton and Kate Hambridge on Saturday, July 14.

Yes, they popped the question to Margaret last Friday (July 13). Margaret, 66, whose a priest at St Wilfrid's, said she 'couldn't believe it when Kate asked her'.

The couple have been together for all months, after meeting at South Down Holiday Village.

Their civil ceremony took place at Margaret's home, and was attended by both Margaret and Kate's family including Margaret's great, great aunt Eileen Card,

aged 81, who was bridesmaid, joint nurse and staff of St Wilfrid's.

After the ceremony, a blessing service was held in the Hospice chapel, conducted by Hospice Chaplain Susan Pick. Permission was also granted music, prayers and a short reading.

In the afternoon, life and Miss Hambridge enjoyed nibbles and champagne, plus a cake kindly provided by Susan Blane at South Street, Gloucester. The pretty pair of pink roses and lavender was donated by Marie Stacey at Roudon.

Girls and Guys



Mia Edwards

MY 'GIRL' LIFE, it's always seemed that boys have it easy. Easier than us girls, anyway. Other than the whole puberty of periods and labour and all that fun stuff, it's always seemed that their appearance something that they hardly need to trouble. For starters, there's makeup. I probably spend about 5 minutes daily on making, and that's actually nothing compared to some of my friends. It sounds like a long amount, but it's not, let's say that the average woman spends an 15 minutes on it every morning. That's an 15-20 less minutes of sleep, which can mean the difference between us generally offering to walk the dog or an shouting and crying at a child because it can keep us open (though not at looking but not) the one who don't sleep with breakfast and dark circles under our eyes for lack of sleep.

Then there are the outfits. For boys, there are only so many colours that they can choose from, if my brother's wardrobe is any indication. There are dresses and a beautifully striped t-shirt, a denim shirt and a top that has a pattern of male headings on it or a button up top with, basically, I wonder, how about some colour?

For girls, especially as teenagers, there are skirts and tops and dresses and skirts and playsets and trousers. You have to take so many things into consideration. For example, that looks

good with that but oh no, I can't wear trousers in this heat. That's fine, swap them for some shorts. But they're kind of slutty with that top. How about this dress? But I am I going to be moving a lot today? Will it wind up and expose me to all of that? Stomping out at our game you see.

And after all of that, there's the hair. Oh God, the hair! If I'm honest, that's the one thing that even boys spend hours on. But still, at least there's borders on manageable - some needs to be up sometimes and down others in a way that suggests it looks good all the time, but that we can just stick it up when necessary because we are that awesome! The pressure is so obvious that it makes my hair underperform. That's the only explanation.

In anyway, if you're a boy wondering lazily down the street of a town, take a moment to thank to yourself. These girls, hey? I don't know how they do it. And our lives.

WARM UP TO THE GAMES WITH NUFFIELD HEALTH CLUB CHICHESTER WITH THEIR GET ACTIVE WEEK!

The team at Nuffield Health Club Chichester have one mission, to get the local community fitter and fitter. They are encouraging people in Chichester to feel the benefit of what making small changes to your lifestyle can have on your overall health and wellbeing. Exercise has been proven to not only benefit your overall health but also help with conditions such as stress, diabetes and heart disease. It will also energise you, putting a much needed spring back into your step.

Nuffield's Get Active week gives you the opportunity to come and try out some of the fantastic facilities on offer as a **FREE 1 DAY GUEST VISIT!** Simply bring this advert into the club and this will entitle you and a friend to one free day on any day between 20th and 27th July. The club also has their monthly fitness event on the 25th July which focuses on your Lung Health. Free Lung Health tests available on the day (limited spaces apply).

What can you expect from Nuffield Health's Get Active Week?

- **Test the benefits of exercise** by trying out one of their fantastic fitness classes: Bootcamp, Zumba and Body Combat are to name a few
- **Book a FREE Personal Training** trial and get 1-2-1 attention by their trainers (must be pre-booked prior to your visit)
- **Work up a sweat in the fully air conditioned gym**
- **Take an energising dip in the 20 metre heated pool and then break off with a sauna or steam**
- **Free access to Lung Health event on Wednesday 25th July**

To enquire about booking your free day or view our Get Active Week, please call the club on 01243 789578. For all Personal Training Trials please contact Lisa or Andy at the club. Nuffield Health Fitness & Wellbeing Centre Chichester, Chichester Gate PO19 8EL. www.nuffieldhealth.com/ chichester

FRIDAY 20TH – FRIDAY 27TH JULY



Try out the **FREE 1 day guest visit!**

* Terms & Conditions

Swimming, health MATS, physiotherapy and pool for classes are not included with the free pass. Free holders must call their local centre to book an appointment before visiting the centre. Free holders must bring this voucher on arrival to the club. The 1 day pass entitles 2 people (aged 16 or over) to use a centre for 1 day. Must be taken between 20th-27th July 2012. No cash alternative. For Nuffield Rewards see www.nuffieldhealth.com

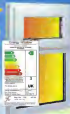
Visit our
Summertime &
Market Road Offer
A Blackout Road Feature

Celebrating 25 years of continuous
idealwindowsolutions

YOUR LOCAL A RATED WINDOW COMPANY

Summertime Specials

...CALL NOW FOR FREE ON
0800 731 8761



Fully fitted BLACKOUT KIT	Standard A Rated Pawson window	Standard C Pawson window
Any 3 Windows	£1495	£1350
Any 5 Windows	£2495	£2250
Any 7 Windows	£3495	£3150
Any 9 Windows	£4495	£3995
Any 11 Windows	£5495	£4885
Any 13 Windows	£6495	£5775
Any 15 Windows	£7495	£6375

Good for us, good for you

10 year Insurance backed warranty Competitive Finance Rates Available

ANY SIZE, WHITE PVCu
PATIO DOORS OR FRENCH DOORS
up to 1000mm wide and 2100mm high



Full width, double glazed

£1095

Yale

The UK's First & Only Energy Rated Doors
HIGH SECURITY LOCKING - INSURANCE APPROVED



Any size and finish colour
from 1000mm x 2100mm

Composite door with high
security locking system

FULLY FITTED

£995

£1550

Local company with fantastic feedback from over 1100 satisfied customers at

Checkatrade.com
We're happy to serve you

For expert advice on our extensive range of PVCu, Timber
and Aluminium Windows, Doors & Conservatories

FREE PHONE 0800 731 8761

www.idealwindowsolutions.co.uk

idealwindowsolutions Ltd, unit 12 Bockbrook Business Park, Bockbrook Road, Farnham, Hampshire GU14 5JN



These offers cannot be used in conjunction with any other offer. Prices exclude VAT. All prices are for standard sizes and finishes. For a full list of products and prices, please visit our website. We are not responsible for any loss or damage to your property. Please contact us for more information. We are not responsible for any loss or damage to your property. Please contact us for more information.





U & ME

International Buffet Restaurant

Eat as Much as You Wish

Chinese

Japanese

Indian

English



10% DISCOUNT OFF BUFFET ONLY

Tel: 01243 778333

U & ME Buffet Restaurant, Unit R1, Chichester Gate
Terminus Road, Chichester, West Sussex PO19 8EL

Malaysian

Italian

Thai

Singaporean

Opening Hours & Prices

Monday - Thursday

Lunch - 12:00 noon - 2:30 pm

Adult £7.20

Child under 150cm £3.60

Dinner - 5:30 noon - 10:30 pm

Adult £13.00

Child under 150cm £6.50

Friday - Saturday

Lunch - 12:00 noon - 2:30 pm

Adult £7.20

Child under 150cm £3.60

Dinner - 5:30 noon - 11:00 pm

Adult £14.00

Child under 150cm £7.00

Sunday & Bank Holiday Monday

All Day - 12:00 noon - 10:30 pm

Adult £12.50

Child under 150cm £6.50

1/2 Price for anyone over 60 years
old with Proof of Valid ID at the time
of making payment on Sunday after 4 pm
(except Monday & Public Holiday)

Last Entrance 30 Minutes

Prior to Closing Time

Takeaway Box Available

Monday - Saturday Lunch

Lunch Box: £4.50

Monday - Saturday Dinner

Dinner Box: £6.50

All Day on Sunday & Bank Holiday



Chichester Business

FOLLOW US ON TWITTER
@chichesterhd



Looking good...

CHICHESTER High School for Boys "Developer" high team was funded to welcome Rose Hartley from Roman Dorsetshire. www.roman-dorsetshire.co.uk

Local company, Rose Dorsetshire have very kindly sponsored the purchase of all the team kit bags and raincoats, as essential part of their equipment for the Australian tour.

The team were over the moon, and are pleased to have the kit. They will use the branded kit for their college and university life too.

Rose Hartley was pleased with the "look" of the bags and was glad that the financial awareness company could support with a good cause and ensure that the bags maintain a professional image whilst away.

"Growthsp" from Chichester commented: "To be going on tour is amazing. The boys will give us the edge and make us look like a professional team. Good Morning Telling that: "It's thanks to people like Rose and the support of Roman Dorsetshire that we can have such excellent kit. It's one less worry about the kit and the team will be able to focus on their training."

The school will be happy to have the kit and the team will be able to focus on their training.

Park yourself in historic setting

LOOKING for a relaxing break away? Look no further as Chichester Park Hotel offers relaxation and more. It is an ideal base to explore the gems of West Sussex, from historic Chichester to the breath-taking scenery of the South Downs. The three star hotel provides a diverse set of facilities ranging from conference rooms to the hotel's relaxing venue.

The hotel offers a variety of relaxing facilities including a choice of indoor and four outdoor pools. The indoor pool is a great place to relax. The outdoor pools are perfect for sunbathing. The hotel also offers a range of other facilities including a spa, a gym, and a bar. The hotel is also a great place to stay for a weekend break. The hotel offers a range of rooms and suites, all of which are comfortable and well-furnished. The hotel is also a great place to stay for a business trip. The hotel offers a range of meeting and conference facilities, including a large conference room and several smaller meeting rooms.

The hotel also offers a range of other facilities including a spa, a gym, and a bar. The hotel is also a great place to stay for a weekend break. The hotel offers a range of rooms and suites, all of which are comfortable and well-furnished. The hotel is also a great place to stay for a business trip. The hotel offers a range of meeting and conference facilities, including a large conference room and several smaller meeting rooms.



to relaxing massage. Pamper packages can be purchased to personalise the service with any date starting from 100. Each package is a great way to relax and unwind, with massage, a hot stone treatment, and a relaxing massage.

After a hard day's work or hard day's play, a relaxing massage at the hotel's "Spa" is a great way to relax and unwind. The hotel offers a range of massage packages, including a hot stone treatment, a relaxing massage, and a hot stone treatment. The hotel is also a great place to stay for a weekend break. The hotel offers a range of rooms and suites, all of which are comfortable and well-furnished. The hotel is also a great place to stay for a business trip. The hotel offers a range of meeting and conference facilities, including a large conference room and several smaller meeting rooms.



always available to order. The hotel offers a delicious Sunday lunch with a choice of 100 per person for three courses. The hotel is also a great place to stay for a weekend break. The hotel offers a range of rooms and suites, all of which are comfortable and well-furnished. The hotel is also a great place to stay for a business trip. The hotel offers a range of meeting and conference facilities, including a large conference room and several smaller meeting rooms.

For more information contact the hotel on their website www.chichesterparkhotel.co.uk or telephone 01243 819900.

YOUR POWER TO WATCH UNLIMITED MOVIES

IT'S YOUR PERFECT SIDEROCK

WATCH AS MANY MOVIES AS YOU CAN FOR JUST £14.99 A MONTH

For a limited time only, get a free Cheworld Unlimited card.

WOODS

THE COMPLETE TRAVEL GUIDE

READER OFFER

THE SPITFIRE HOP PICKER SPECIAL & HOP FESTIVAL, FAVERSHAM

SATURDAY 1 SEPTEMBER 2012
Adult & Senior £45, Child £35
Includes a coach travel & entrance

Click aboard "The Spitfire Hop Picker Special" train and settle back into your seat as we head to the Hop Festival at Faversham.

During the hop picking holidays of the 1920s and 1930s, almost 100,000 Londoners picked in Kent from July/August/September each year. While these figures would join the East End families, for many, the hop picking was their annual working holiday. Once the harvest was complete, workers would organise a party for the "hepper" in situ, while village greens and halls would provide the venue for such festivities for seasonal workers from other growers. The carnival atmosphere of the hop harvest lives on at the annual Faversham Hop Festival.

Catch pick ups in Ruxington, Littlehampton, Felpham, Bognor & Chichester

0 1 2 4 3 8 6 8 0 8 0

Park Road, Bognor Regis, West Sussex, PO21 3PR



FOLLOW US ON TWITTER
@chibizmag

Chichester Business

New local charity partner for Sainsbury's Chichester

A LOCAL charity set to benefit from a year's fundraising thanks to Sainsbury's Chichester customers and colleagues. FACIO has been chosen as Sainsbury's Chichester store Local Charity partner for 2012/2013. The announcement comes after the store asked Chichester customers which local charity they should provide a year's support to. Customers were able to vote for their favourite local charity business via an online blog.

The partnership officially launched on 25th June 2012 and customers can now choose to make a donation in-store to FACIO, who are situated on Revolution Centre, Silver Road, Chichester. The charity was founded in 2000. FACIO (the parents and teens support organisation) is a unique local charity, serving the Chichester and Arundel District of 11 net zones. They offer respite opportunities to disabled children and their able bodied siblings, thereby providing much needed care time for parents to relax and themselves. Over the next six months, the charity will benefit from Sainsbury's Local Charity partner scheme, over a 12 month year.

Last year, the initiative supported over 500 donations and our customers across the UK through fundraising and volunteering and gave more than £1.5 million of support to local communities. Sainsbury's Chichester



Local Charity partner last year was The Snowdrop Trust and thanks to customers and colleagues, they raised over £3,000 for the charity.

During the next six months, colleagues will be promoting fundraising support for FACIO and raising awareness of the charity with the local community. Sainsbury's Chichester (Silver Road, Chichester) and FACIO is also a worthy local cause and will be placed and placed to the supporting it over the next six months. We'll be helping our customers know of our fundraising plans in-store and we hope they can see colleagues in helping support them.

Angela Jones for FACIO said "FACIO is delighted that the staff at Sainsbury's

Chichester have chosen to support us as their charity of the year, as a small local charity, we are grateful for this opportunity to work alongside such a well-respected company we look forward to increasing the public's awareness of our work with disabled children and their families, as well as the chance to raise some much needed funds for our work. We also thank everyone at Sainsbury's Chichester who's committed to take the store's new Local Charity partner. I hope this partnership will raise awareness to Chichester residents about the work we do and the impact it has on the community. It's now time to look forward to a successful year working with the store's colleagues on this exciting venture."

IT support that comes to you!

W2SE customers now considered a community to most people, as important to know help at hand. Based in Chichester and serving the counties of West Sussex and Hampshire, South Coast Support has been providing this support since 2006.

They understand that travelling to a shop or repair centre can be time consuming, and sometimes impractical, as they may say. The majority of repairs are taken care of in the home or business, and what can't be fixed on site can be taken back to the workshop for prompt repair. Founder and owner Alex Mason has an alternative view on the model of modern IT support. "I hate cramping at shops and university, I needed computer shops would come and go, and local computer store would have to close but to rely on the large retail corporations it was therefore my ambition to grow a sustainable and accessible local support business. I'm now retired I have experience, and online to help customers."

Offering IT support to homes and business customers alike, all jobs are welcome, no matter how big or small. For sales, on-site, data recovery, repair, hardware and virus removal, email, South Coast Support can help, call today or visit www.southcoastsupport.co.uk

READER OFFER

THE ROYAL MARINES CHRISTMAS SPECTACULAR
THURSDAY 22 NOVEMBER 2012
BOURNEMOUTH PAVILION
Adult, Senior Citizen & Child £45
Includes coach travel & entrance

The world famous Band of Her Majesty's Royal Marines will present a military music spectacular featuring festive music, military marches, big band hits and popular showstoppers. This entertaining band delights audiences wherever they perform and their world-renowned Corps of Drums will demonstrate the precision, accuracy and skill for which they have become famous across the globe. A musical treat not to be missed.

Seats in the stalls for the evening performance

Cash pick ups in Buxington, Littlehampton, Fapham, Bognor & Chichester

0
1
2
4
3
8
6
8
0
8
0

Park Road, Bognor Regis, West Sussex, PO21 3PX

READER OFFER

JOHN WILLIAMS 80th BIRTHDAY CONCERT
FRIDAY 19 OCTOBER 2012
THE ROYAL ALBERT HALL
Adult, Senior Citizen & Child £45
Includes coach travel & entrance

The Royal Philharmonic Orchestra pays tribute to one of the world's greatest film composers as he celebrates his 80th birthday in 2012. This concert features music from the unforgettable soundtracks to Star Wars®, Indiana Jones, E.T., Jewe, Close Encounters of the Third Kind, Superman, Harry Potter, Jurassic Park, Schindler's List, War Horse and many more!

(Seats in Rear Arena)

Cash pick ups in Buxington, Littlehampton, Fapham, Bognor & Chichester

0
1
2
4
3
8
6
8
0
8
0

Park Road, Bognor Regis, West Sussex, PO21 3PX

Entertainment

Reviews

The Dark Knight Rises (15)

Entertainment Weekly

@ebhewer



FOUR out of five stars

Running Time: 164 mins

Director: Christopher Nolan

Starring: Christian Bale, Michael Caine, Gary Oldman, Anne Hathaway, Tom Hardy, Joseph Gordon-Levitt, Marion Cotillard, Morgan Freeman, Jesse Plemons, Liam Neeson, Cillian Murphy, Matthew Modine

Christopher Nolan's third and final Batman film is a fitting and satisfying end to the trilogy, thanks to an engaging plot, stunning effects sequences and terrific performances from a superb cast. Though the film seems a little disappointing and key elements are frustratingly underwritten.

What's it all about?

Commissioned by his brother Jonathan and directed by Christopher Nolan, *The Dark Knight Rises* is the third and apparently final part in the director's Batman trilogy. Picking up eight years after the events of *The Dark Knight*, the film begins with beleaguered billionaire Bruce Wayne (Christian Bale) as a virtual recluse, having seemingly longed up the Bat costume following a life-or-death moment when he was cornered by Commissioner Gordon (Gary Oldman) on the wake of the death of Harvey



Dent (Aaron Eckhart)

However, when studying tragic Selina Kyle (Anne Hathaway) proves Bane's interest by ending his days in prison, her magic anti-action as Bane's agent, much to the distress of his wife (Michelle Yeo). Unfortunately, Bane's problems are only just beginning, as Selina will be desperate to get involved in the fight. Even Tom Hardy, who has a minor role that involves steering up revolutions in Gotham City.

The Good

The performances are excellent - Bale seems to have taken the job's "I'm not a hero" motto seriously and has lightened up a lot (not much, but a lot) for the third film, while Hathaway brings some much needed humour and an appeal to play as Selina. Joseph Gordon-Levitt is also terrific as the young upstart Bane, who moves from being a fan of his own and whose story strand forms an important part of the film. In addition, the

script is superb, incorporating a sprawling, novel-like plot (there are references to *Deception* that go beyond an abundance of symbols that tie everything together in satisfying fashion).

On top of that, Nolan orchestrates some terrific set pieces and depicts some jaw-dropping special effects work, particularly in the film's opening sequence and the most involving Bane's master plan.

The Bad

That's not to say the film is without flaws for one thing, Nolan still hasn't quite got the hang of light scenes and the Bat-pod sequence is a little disappointing as a result. Similarly, the film is a good twenty minutes too long and key relationships are possibly underwritten, most notably between Selina and Batman, but also the ill-defined association between Selina and her apparent sidekick Jim Gordon (Tommy Lee Jones).

Verdict

A few quibbles aside, it's fair to say that *The Dark Knight Rises* is the film the fans have been waiting for, thanks to stunning effects work, a satisfying script and terrific performances from the superb cast. **Recommended.**

Hugh Dennis joins hunt for photos of life in the South Downs

COMEDIAN and actor Hugh Dennis will help to judge a photo competition challenging people to capture 'life in our landscape' in the South Downs National Park this summer.

Hugh Dennis, who lives in the South Downs National Park, said: "The spectacular landscapes of the South Downs only exist because of the people who have shaped them over the past 4,000 years. I'll be looking for a winning image that captures a story of the people who live, work and relax here today."

Prize for the competition, launched by the South Downs National Park, includes £100 in vouchers to spend at Farnham Photography, a year's subscription to Outdoor Photography magazine and a day of landscape photography training with photographer Stephen Wilkes.

The other judges are Simon Nuland, Editor of Outdoor Photography magazine, Nick Sheppard, Western Area Manager for the South Downs National Park and Doug Jones, Member of the South Downs National Park Authority.

Steve Wilkes, whose office is based in the



South Downs National Park said: "It takes a different creative approach to capture an image of life on a farm, in a market town or of a panoramic view over the hills than it does to photograph an empty landscape."

Any photo would be likely to define your status, subject and then make that the most important element, and was for a telling moment to capture the 'other' before - it could be the face of a local, a smile, a person walking by or the people looking out over the hills. Any winning shot will tell the story of what people and landscapes come together."

The competition closes on 31 October 2012. Information on how to enter and full terms and conditions are available at www.southdowns.gov.uk/photocompetition.

THE DARK KNIGHT RISES COMPETITION

WIN 2 TICKETS!

For a chance to win 2 tickets and merchandise, answer the following question:

Q: IN THE DARK KNIGHT RISES THIS AWARD-WINNING ACTOR PLAYS LUCAS FOX. BRUCE WAYNE'S TRUSTED GADGET MAN. HE RECEIVED AN ACADEMY AWARD FOR HIS PERFORMANCE IN MILLION DOLLAR BABY. HIS FILM CREDITS INCLUDE DRIVING MRS DAI, THE SHAM SHAM RESOLUTION, JARVAN BEGINS AND THE DARK KNIGHT. NAME THIS ACTOR

- A) JOSEPH GORDON-LEVITT
- B) GARY OLDMAN
- C) MORGAN FREEMAN

Send your answer to the hot mail address: rd@cineworld.co.uk or contact phone number 1 800 222 222. Closing entry deadline 31st July at midday. The winner will be chosen by a random draw.

• Last weeks winner is: Tim Marshall from Bognor Regis

© 2012 Cineworld



Cineworld Chichester
Chichester Gaze Chichester,
PO19 8B, 0871 200 2000

Food & Drink

FOLLOW US ON TWITTER

@cheshire



British cherry industry revival in sight after long decline

BRITAIN'S CHERRY INDUSTRY will soon be back to full strength after decades of decline, experts predict.

In 2000 the cherry industry had sales of just £100,000.

But as shoppers have rediscovered their taste for the summer fruit, and British growers will produce around 2,000 tonnes of cherries during this year's eight-week UK season.

Supplies of the British grown crop are expected to be topped up as soon as they go on sale, but shoppers are expected to buy a total of 4,000 tonnes during the season, with the extra demand being met by imported cherries.

Next year UK growers plan to more than double their output to an estimated 4,000-5,000 tonnes, thanks to newer tree varieties and more modern production methods which are increasing yield.

And growers have calculated that if all plans according to plan, they will be able to completely satisfy UK demand by the end of the decade.

English cherries were once the nation's summer star summer fruit and outdoor eat-as-you-leave fruit, but poor weather, high labour costs and old-fashioned packing methods have reduced UK home grown cherries greatly in demand over the last 50 years.

Food prices set to rise as corn feels the heat



A HEATWAVE ACROSS southern Europe has seriously damaged some crops in the region, which accounts for nearly a fifth of the world's production.

That has triggering warnings from shoppers could face soaring bills and the UK economy could be hit by inflationary pressures.

Corn prices are up 50% since June and it is trading at its all time high of \$11 a bushel. Corn is used as animal feed, and its

rising cost will push up meat prices. Drought in the US has already driven corn prices to their highest ever but over the past month temperatures across southern Italy and the Black Sea region (in Ukraine) have consistently hit 39 deg C or more. That's five degrees higher than normal and a temperature that hinders corn production, said Colin Fisher, head of market analysis at Farmers' advisory firm Othello Demasque Agrícola.

Soaring food prices in Europe mean as US farmers face the worst drought since 1930. India, meanwhile, has put off corn sowing because of a late monsoon season while Australian crops are also facing below average rainfall. "Over years we looked better off, but clearly in Europe we failed to report a lot of wheat and corn," Fisher told Bloomberg. "That's just adding to the problems we've got everywhere."

KFC serves up degrees for staff

KFC is attempting to improve morale as an employer by introducing a bonus degree system that rewards staff for better training with a monetary bonus management reward.

The fast-food retailer is partnering with The University of Chester to create the degree in business management course.

KFC hopes the scheme, in which training costs £100,000, will help promote it as a leader in training and development.

It plans to train more than 50 managers through the course over the next five years. The first will start in May.

KFC claims that it is the first restaurant business in the UK to offer an honours degree. It already works with City of Chester to offer two levels of apprenticeship as a hospitality management at the local UK restaurant.

McDonald's already offers a two-year foundation degree in business management accredited by the Institute of Management Studies.



looking at ways to invest in their training and development to enhance their skills and prepare their careers.

"KFC gives us an opportunity to reward some of our best performers, who some had the chance to go to university when they were younger. Our employees gain a meaningful and respected qualification while still working money, and we reap the benefits of their improved skills and confidence in the business."

Fridge, cupboard or fruit bowl?

DID YOU KNOW? You should never put mangoes, avocados or tomatoes in the fridge!

And here put together the handy guide to the best way to store fruit and vegetables to keep them fresh – and avoid having to throw food away. Peaches, Pears – and other stone fruit like nectarines, plums and apricots – should be kept at the fruit bowl to ripen. Once ripe, keep them in the fridge to make them last longer. But as for at room temperature.

Mangoes Mangoes should be kept in the fruit bowl until they ripen. Once ripe, you can move them into a cooler place to prevent over-ripening. However, stone fruits mangoes in the fridge as cold temperatures will cause bruising on the inside.

Tomatoes Tomatoes should be kept in the fruit bowl until the fridge. Tomatoes should not be moved in the fridge as cold temperatures affect the flavor of the tomatoes making them taste bland. **Potatoes** Potatoes should be kept in a cupboard or on a shelf, dry and dark area. If you want to make them last longer or they are over delicate quantities store them in the fridge, but be careful – if the temperatures are too cold the starch will turn to sugar and make them taste sweet.

Strawberries Strawberries lose quality and freshness strawberries should be kept



in the fridge. However, take them out a few hours before serving as they taste best at room temperature.

Avocados Avocados should be kept in the fruit bowl when ripe and then moved to the fridge. To ripen an avocado quickly, put it in a paper bag with a slash of banana – placing them next to a banana in a fruit bowl will speed up ripening too.

Cucumbers Cucumbers should be stored in the fridge but keep them fresh for longer. To get the best flavor take them out of the fridge to take them out of them before eating.

Bananas Bananas should be kept at room temperature – never store them in the fridge as low temperatures make them turn grey and reduce their shelf-life. If the bananas are pre-cut in a bag and bought fairly soon keep them in the bag until they start to change colour.



CHICHESTER Park Hotel

TO MAKE A RESERVATION CALL

01243 817400

LEISURE CLUB

at Chichester Park Hotel

Our Leisure club is the perfect place to relax and unwind away from everyday pressure. You'll be able to enjoy a leisurely splash in the pool and if you really want to relax there's the sauna and steam room too. Entry is free when you stay in the hotel.

To become a member of leisure club is easy, all you need to do is contact us and we'll be more than happy to help. **Membership is available for only £25.00 with no joining fee.**



Opening Times

Please note: Last entry is 30 minutes before closing

Monday to Friday: 7.00am - 9.00pm

Saturday: 8.00am - 8.00pm

Sunday: 9.00am - 5.00pm

Chichester Park Hotel | Madgwick Lane | Westhampnett | CHICHESTER | PO19 7QL

Tel: 01243 817400 www.chichesterparkhotel.com



Looking for some inspiration? Good Kama

LAST WEEK was an emotional roller coaster. Maybe this month's column is to those who have been through it many times in the past, but I found my daughter leaving primary school very unexpectedly emotional. Until now it's quite weird to say I felt like I was losing her, but I did. I missed the school during the last week of term. Maybe it's all about letting go, and starting a new chapter in life. My son is going to be there in September for his final year, so it's not as if I won't be stepping foot in the school ever again, but still I felt as if we came to the end of an era, and I wondered how in the blink of an eye it had all gone so quickly. It is not another lesson to appreciate every stage of life and to make it the moment. Now it's over of course it is all totally true and we are excited about the holidays, but during that emotional week I tried to say Kama book for some moral support. I suppose I was looking for some support to pinpoint at, and actually that's exactly what I did. The more I think about it, I find it was a bit of a relief about it. I thought it was a nice thing to think about in all areas of life and that sometimes it is to feel appreciative and accept how you are feeling for that moment in time.

Then as I read on it and some things I was looking for to look at the same book and life in general with the right



Denise Kelly

- attitude and inspiration. Here is a small number of some of the Kama for you to consider:
1. Avoid adopting others' negative views.
 2. Display patience in front of children.
 3. Always do something you are proud of, challenge your team.
 4. Accept any tasks as if they were difficult and difficult tasks as if they were easy.
 5. Engage in energising activities.
 6. Keep your promises.
 7. Keep a record of all the good things that happen.
 8. If you don't have to ignore people if you don't enjoy them in the first place.
 9. Follow the example of those you admire most.
 10. Try to give things often.
 11. Have a friend over for tea and a real talk.
 12. Let others have their own beliefs.
 13. Talk a day for a week long time.
 14. Take more time for your work.



15. Tell someone they are beautiful.
16. Find up the best chance to attract.
17. Find a place to escape reality.
18. Don't let someone else into arguments.
19. Keep up family traditions.
20. There are some people in life, only know as.
21. Be sensitive to other people's feelings.
22. Have an abundance of love plants for showing your love.
23. Play hard games instead of computer games.

24. Lighten up, you will live longer!
25. Happy holidays!
- Denise Kelly is a BANT (British Association of Nutritionists) member and a qualified registered Nutritionist. She writes Nutrition Programs for a variety of organisations and has a private practice in Chichester, West Sussex and is the founder of Kama Ltd. Tel: 01243 640440 www.denisekelly.co.uk

NHS workers took 15 days off sick

NHS workers took an average of 15 days off sick last year, figures reveal.

The 1.4 million NHS workers in England were absent from work for a combined 15.5 million days between 2010 and 2011.

However, the Health and Social Care Information Centre (HSCIC) said the rate of absence due to sickness has fallen. From 2010 to 2011 NHS staff, including GPs and practice staff, took about 15.5 million days off sick, and the year before it was 15.7 million.

The HSCIC said that qualified ambulance workers recorded the highest rate of sickness absence, with doctors recorded the lowest.

The higher paid the NHS worker, the lower sick days they are likely to take, figures suggest.

HSCIC chief executive Tim Strongman said: "This information is vital to ensuring last days in the country's largest workplaces."

Today's report shows that generally, sickness absence has fallen compared to three years ago, with the sickness absence rate falling from 1.4% to 1.3% in 2010/11 to about



4.1% in 2010/11. Qualified ambulance workers have the highest rate of sickness absence, of any NHS staff group, while the other doctors in training group has the lowest.

A Department of Health spokeswoman said: "We know healthcare workers' staff provide better care for patients. Reducing sickness absence in the NHS by one third would save £1.5 billion per year, which could then be reinvested in front line services and improve the quality of patient care."

"Overall, NHS sickness absence has fallen in 2010/11 compared to the previous year. We remain committed to work with NHS employees, trade unions and staff to promote healthy workplaces and reduce the number of sick days by one third by the end of March 2017."

High risk of heart disease in two thirds of obese children

About two out of three severely obese children under the age of 12 have at least one risk factor for heart disease such as high blood pressure or high blood sugar, researchers have said.

British researchers found that 70% of very obese children aged 12 or younger have one or more of the risk factors. The study, published online in Archives of Disease in Childhood, examined 1,000 severely obese children aged between five and 11.

Overall, 57% of the children had at least one risk factor for heart disease.

About one in five severely obese children have at least two risk factors and 11% were found to have three.

The most common risk factor was hypertension – or high blood pressure – which was present in 57% of the children.

More than half had low levels of "good cholesterol", while 10% of the overweight children had high blood sugar. Just under 10% also had type 2 diabetes.

The authors, from VU University Medical Centre in Amsterdam, found their findings indicate applied by paediatricians to the Dutch Paediatric Endocrinology Centre between 2005 and 2007.

The authors found that young or boys were more often severely obese compared to older boys, while they found the reasons for this

Heavily obese, three severely obese children came from one parent's family.

"The prevalence of diagnosed fasting glucose in this population is worrying considering the increasing prevalence worldwide of type 2 diabetes in children and adolescents," the authors wrote.

"However, the high prevalence of hypertension and abnormal lipids in these children may lead to cardiovascular disease in young adulthood."

They added: "Internationally accepted criteria for defining severe obesity and guidelines for the early detection and treatment of severe obesity and comorbidity are urgently needed."

British Heart Foundation senior cardiac nurse Deborah Macdonald said: "Although it was a small study, the findings show a real need for action."

"It is a huge concern as many obese children were identified as already having at least one risk factor for heart disease, including high blood pressure, high blood glucose and problems with cholesterol levels."

"However, this is a problem that can be addressed by stopping young people becoming overweight and obese in the first place. Highlighting the importance of healthy eating and physical activity from as early as will help protect the heart health of future generations."

50% OFF
A HAIR SERVICE
ON YOUR FIRST VISIT TO THE SALON ON
PRESENTATION OF THIS VOUCHER.



COME AND VISIT THE TEAM TO LOOK AND FEEL YOUR BEST FOR 2012

Roscoe is a move away from the ultra modern corporate style salon and is a newly refurbished classic, comfortable and eclectic environment where clients male or female can enjoy a unique and highly personal experience

**Students receive 30% off all
hair services on tuesdays**



**01243
786669**

FIND US HERE, 12 ST PANCRAS
TOWN CENTRE

ROSCOEHAIR.CO.UK

ROSCOE HAIRDRESSING, 12 ST PANCRAS

Fashion

GOT ANY FASHION TIPS?
@ewfashion



Introducing our latest columnist, 'vintage' fashionista Alex Cvijovic; the brains behind The Vintage Parade

I AM BELATEDLY late to have been invited to write for the *Entertainment Weekly*, focusing on look and seasonal fashion trends. There's something that, as a female designer and "vintage" aficionado, I have a passion for: a vintage measure scheme that I create to incorporate elements of fashion and historical research.

"Fashion is all about creating an identity that represents you as an individual."

So what identity is fashion? According to the Oxford dictionary, 'fashion' is a more meaning something popular or the style of clothing being, design, dress, or behavior.

Fashion is all about creating an identity that represents you as an individual, an identity that misleads your own emotions and taste. This takes a consciousness when purchasing an item tomorrow as you feel a connection with you, even, but despite the notion of a 'fashion police' there is actually no correct way to style yourself. Individualism means that actually, no one can

get it wrong.

However, fashion is strongly dictated by emotional trends, magazines and by celebrities, which influence our thought on how we should dress. What I find refreshing about the time and money we live in, is the variety of looks we as individuals are able to create. We are not limited on resources or restricted by others, only our imagination.

So, how does vintage apply to fashion? Well, quite simply because the current trends have now driven you either purchase into the current market. This does 'under world' of mid-century collecting, has been propelled into the forefront of history, was being sold into retro-vintage buying markets.

When you want to know, where you have to go through piles of vintage-themed events for the non-professional vintage goers to wear a perfectly paired but not or humorously pulled-out dress. Many individuals are inspired by previous design histories, as have logic collecting products that experience the design language of these particular items. Incorporating elements of vintage into your lifestyle can



Photo: Alex Cvijovic for *Entertainment Weekly*. Styling: Phoenix Bryant and Alex.

enlighten your wardrobe, leaving it intact as a cultural dressing up looks into your fancy when you feel like it.

To follow me over the following weeks when I will be delving into a number of fashion-related topics, including more about vintage of course!

In the mean time, there is a wonderful

photo from last week's *Vintage Parade*, held in Chelsea. What better place to share to celebrate vintage, eh?

Alex Cvijovic is a *Vintage Designer and Illustrator*. Collector of the unique *Leaves of twinning, learning and creating*. She is the creator of *The Vintage Parade*. www.vintageparade.co.uk

Duchess Catherine wears Stella McCartney design for Olympics exhibition

DUCHESS CATHERINE wore a Stella McCartney design to view an Olympic-themed art exhibition today (p. 30, p. 32).

The royal chose the costume by Stella—who has also designed *Team GB* kit for the Olympic Games—as she took in *Real to Fake: Among History at the National Portrait Gallery* in London and paired it with a gold hoop necklace.

The distinctive piece of jewelry is from her own personal collection, but when told the *Daily Mail* she thought it appropriate to wear it today because of the Olympics theme.

Catherine—inventor as Kate Middleton before her marriage—donned her usual made-in-UK Besant shoes for black Prada heels and sported her trademark black day.

The duchess viewed a selection of photographs including one of herself taken by William McGarvey at a Team GB launch event at the Olympic Park earlier this year.

She also viewed the 1990s *Duchess of Edinburgh* as the Queen, Art and Beauty.

Catherine, her husband Prince William and brother-in-law Harry's Olympic ambassadors and former ones a racing champion Sir Steve Redgrave—who was five Olympic gold medal between 1984 and 2000—donned they bring a new dress to the top.



the well? They are heavily involved in supporting our athletes at once and will be coming along to watch a lot of our own country, which will have a very positive impact.

"It's great about them is that it is clear that they don't pay lip service. They are very authentic sports and are genuinely interested, like Princess Kate."

Katie Holmes' fashion line sees sales soar after split

KATIE HOLMES' fashion line has seen sales increase since she split from Tom Cruise.

The 33-year-old actress-and-designer has reportedly seen her *Under the Tents* sales soar after she announced the end of her five-year marriage to the *Mission: Impossible* actor last month.

Since then, Katie's range—which was previously stocked at Harvey Nichols in the UK before the shop opted against listing it for the autumn/winter 2012-13 season—has seen a sales increase in stores such as Barneys and Bergdorf Goodman, according to sales assistants.

A former Bergdorf Goodman executive told *The New York Times*: "The way she's getting photographed today, she is a person to get more exposure than ever before."

"There's not waiting for fashion editors and anyone to come and pull her clothes."

Following the announcement of the couple's divorce, Katie—who has granted primary custody of her and Tom's six-year-old daughter, who has been photographed a number of times in her own designs, and fashion designer David Lauder before the couple split—was a "divine publicity opportunity" for her range.

He told *FastCompany*: "Katie's divorce and the wonderful manner in which she handled



it, is shining a light onto anything that she does at this moment."

This is a divine publicity opportunity for the label. The buyers will actually place their orders after the September show for delivery in February, so we will have a better idea of its success in the autumn/winter 2012-13 season.

"Provided that the collection is on trend as well as purchased and marketed well by the store buyers, I predict a tremendous amount of interest in this collection at the retail level when it hits stores next February."

UPTO
45% OFF
WINDOW
RANGE

NEW!
**'A' RATED
WINDOWS**
A WARMER HOME
& LOWER HEATING
BILLS!

*We are true manufacturers
of superior quality windows*

**HUGE
DEALS**
ON BESPOKE
CONSERVATORIES

Add space, beauty and value to your home with a custom built conservatory

DOORS
FROM
£499
INCLUDES
FITTING!

**Style,
Security
& Value**

UPVC DOORS

£499

£526

COMPOSITE DOORS

£729

£595

£770

Rose Green showroom

(We're next to Nat West Bank)

3 Avisford Terrace, Rose Green Road,
Rose Green, Bognor Regis PO21 3HB

www.britanniawindows.co.uk



BRITANNIA
CONSERVATORIES • WINDOWS • DOORS

FREE Quote -
No Obligation

01243 268777

Email: pw@britanniawindows.co.uk

Home & Garden

FOLLOW US ON TWITTER

@cheshiread



It's child's play!

■ As the sun shines and the school holidays get into full swing make the most of your garden space with Jo Goleworthy's great ideas for children's activities.

THE GARDEN is in full bloom and the veg patch is showing signs of produce. There are bugs and insects everywhere and for the first time this year the sun is actually shining. There's no better time to get children excited as the wonderful world awakes your back door. Here are some great ideas for kids projects this summer:

1. Let the kids plan a mini garden. You'll be amazed as what they come up with.

2. Build a weather station. This is such an easy thing to do and will get children something to check and record for weeks to come. You can create a rain gauge, a wind vane and a bar for a thermometer.

3. Create your own mini garden. Grow

a space in the garden over the children. Get the kids to be really creative with design ideas. Include bug hotels, paths, fairy hole-ways or a place for the toys to have a tea party. You can be as creative and imaginative as you like. Use scrap materials such as bricks for a pathway or path for a bug hotel. Make signs, choose flowers, grow veg. Let the kids do the planning. You'll be amazed as what they come up with.

4. Create an animal restaurant. Build bird feeders, mosquito bug-holes and create amazing insect made using plants that attract aphids for ladybirds to munch on, or herb matter for bees. Make a huge chart to keep children and everyday goans and record what's been eaten, look for foot prints and pour and see which's stopped at your restaurant. Give it a name and watch the

middle flock to your garden.

There are many ways to enjoy your garden with children this summer and many of these projects can go on throughout the year. For more information, and links to how to build a weather station, follow a mini garden or create a restaurant visit my blog at www.thesharegarden.wordpress.com.

Jo Goleworthy
Horticulturalist, gardener, writer and designer. If you have any queries, questions or suggestions related to gardening or are looking for someone to work in, or advise you on your garden do drop me an email at goleworthy@btinternet.com.

Check out my new blog at www.thesharegarden.wordpress.com



Weather station for Jo Goleworthy's mini garden.

Garden Share needs you!

DO YOU want to grow your own food but you can't get an allotment, do you live in rented accommodation with regulations on gardening or perhaps you live in a flat with a small, or non-existent, garden? Do you have a garden which you'd love to be used to grow food but don't have the time, ability or expertise to tend it? Then Tameside Cheshire's Garden Share scheme needs you!

The project has been running for a number of months and has already facilitated some fruitful Garden Shares, which has seen those waiting to get growing matched with previously unused garden space. With allotment waiting lists in Cheshire hitting a two hundred person high the Garden Share project has the potential to fill a huge market for would-be growers. For only that, however, but the project also has a huge positive social benefit, matching up Cheshire residents and forging friendships between all ages and demographics.

The project is keen to encourage able-bodied members of the community to step forward, especially those unable to tend their gardens, or already established vegetable garden, and who may well benefit from the social as well as practical benefits, as well, of course, as getting to enjoy a share of the harvest. And it's not just garden owners who might want to get involved, but the project is also keen to encourage allotment owners, and larger landowners offer up land to grow on too.

Things are up and running as quick and easy and can be done through www.cheshiregardenshare.org. Alternatively if you'd like to arrange to speak to someone further detail about the scheme please email Ellie@cheshiregardenshare.org





FIND YOUR PERFECT PROPERTY
In Chichester & the surrounding areas

Property



FEATURE PROPERTY:
FONTWELL
£495,000

An extensively refurbished and extended detached brick and flint cottage situated between Chichester and Arundel, new gas c.h., wiring and plumbing, reception hall, large modern lounge and vaulted ceiling, conservatory newly fitted kitchen, with sliding glass doors, gr 1 bed with en suite, three further bedrooms, two bathrooms, office and single garage, gardens of approx. 1/10 of an acre. Potential annex, planning approval for ground floor master bedroom.

For more information, contact Coastguard Estate Agents on **01243 267026**

www.coastguardrealestate.co.uk



Private - For Sale

£115,000



RECEIVED: BIRTH INFORMATION FROM NORTH
EASTERN BODEN REGION, WEST GERMANY

[illegible]

For Sale

£145,000



January

211. 1990

A recently released list of five beachfront homes for sale in the popular village of Tarponville. The house has the distinct advantages of a good location, private garden enclosed within a walled fenced boundary as well as a lovely modern finishwork. The property has electric, storage lockers as well as double glassed doors including French patio doors to the rear garden. There are two patios car parking spaces which lead to the front of the property. It is the corner of the cul-de-sac. Tarponville village offers a local shop providing goods suitable for any emergency needs. House is in great condition except for a few small repairs and is available for viewing on 01924 222222. For further information or viewing, contact 01924 222222. (Disclaimer: Prices subject to change without notice. All prices are estimates only.)

New Show Apartment now launched



CHICHESTER
Canal Wharf PO19 8LL

3 bedroom apartments from £260,000
3 bedroom townhouses from £475,000

FREE Exchange available for 3-year interest-free lease, whether you're looking to downsize or start out in the rental market.

Located in a serene waterside setting at the head of the Clicheux river canal, close to the city centre.

Marking: Taster and Shave Horse
open study (Shave - Sept)
(Shave - Sept)

0844 417 5574

findahome.co.uk/reflecta.co.uk



wates
developments





CHICHESTER Park Hotel

★★★

TO MAKE A RESERVATION CALL

01243 817400

Take a stroll in the Sussex countryside and rolling South Downs. Explore the city's pride and joy, the Cathedral and the heritage of Arundel Castle.

Chichester Park Hotel is the ideal place to stay for visiting the historic city, as well as a offering perfect wedding venue or conference facilities in Chichester.

Visit our website for more information on why Chichester Park Hotel is ideal place to stay in West Sussex.



WHY YOU SHOULD STAY AT at Chichester Park Hotel



Whether you're looking for a place to rest your head after a long day, or somewhere to grab a bite to eat, a place to have your wedding day or to host a special event, or you need to work-out or pamper yourself (because you deserve it), our rooms, restaurant, venue facilities, leisure facilities and spa mean you'll have everything you could possibly need to have a great stay at Chichester Park Hotel.

Chichester Park Hotel | Madgwick Lane | Westhampnett | CHICHESTER | PO19 7QL

Tel: 01243 817400 www.chichesterparkhotel.com

WHITLOCKS

ESTATE AGENTS

Residential Sales
& Lettings

238 Pagham Road, Hythe/limber,
Bognor Regis, West Sussex PO21 3QQ
E: sales@whitlocksrealestateagents.co.uk

Tel: **01243 262747**



Pagham | £247,500
• Unfurnished 2/1 + 1 bedroom Grand House • L-Raised Glass-walled
• Modern Kitchen • Lounge
Overlooking Quiet Pond • Ground
Floor Master Bedroom • Landscaped
Garden • Lower Maintenance Free
Garden • No Forward Chain



Aldwick | £229,950
• Link-Cutliffe House • Three
Bedrooms • 35A Lounge / Office •
Modern 1 Bed Kitchen •
Convenience • Four Place
Refrigerator and Ground Floor
Breakfast Room • Gateway Leading
To Garage / Driveway



Hythe/limber | £229,950
• Semi-Attached Bungalow • Three
Bedrooms • Two Reception Rooms •
New Kitchen and Living Room •
Three Car Garage • Refurbished Bath
Room • Corner Plot Garden •
Landscaped Garden



Pagham | £189,950
• Semi-Attached Bungalow • Two
Double Bedrooms • Rear Aspects
Lounge • Kitchen • Kitchen •
Breakfast Room • WC • Internal Rear
Garden • Garage on Driveway • Call
See Location in the Forward Chain



Beard Green | £164,950
• End of Road House • Two Double
Bedrooms • Modern Kitchen • Rear
Aspect Lounge • Contemporary
Bathroom • Corner Plot Garden •
Double Glass and Gas Triple-Door
Heating



Bognor Regis | £239,950
• Landed Character House • Four
Double Bedrooms • Two Bathrooms •
Two Reception Rooms • First Kitchen
• Area Potential



Bognor Regis | £194,950
• Two Double Bedrooms First Floor
Apartment • Modern First Kitchen
and Bathroom • Economy 1 Bed
Kitchen • Contemporary Front •
Advanced Planning/Spec • Close To
Sea and Shops • Investment Potential
With Tenants Paying £750.00 PGM



Hythe/limber | £175,950
• Two Double Bedrooms Detached
Bungalow • Newly Fitted Kitchen and
Bathroom • Gas and Central Heating
and UPVC Double Glazing Throughout
• New Combination Bath and
Shower • Through Road • Westward Facing
Garden • Call See Location



Pagham | £219,500
• Link-Less Bungalow • Three
Bedrooms • Open Plan Lounge •
Kitchen • Separate Living Room •
Six Steps To Backyard • One • Double
Bathroom • Garage and Security •
Built in 2007 • No Forward Chain



Aldwick | £235,000
• Attached House in Quiet Area
Location • Five Bedrooms with Full
Bathroom • Two Reception Rooms •
Family Bathroom and En Suite To Master
Bedroom • Double-Door • Double
Master Plus Garden

**JUBILEE
GARDENS**
PAGHAM, WEST SUSSEX

Coming soon...

**12 Elegant 3, 4
and 5 bedroom homes
in an exclusive setting**

Prices from £250,000

**10 year NHBC Guarantee
High Specification Kitchens
and Bathrooms/En-Suites
Garage and Parking**

WHITLOCKS
ESTATE AGENTS

Call us now on 01243 262747



Motors

MEMBERED BY PANTHER TRUCK RENTAL
using policy: www.panthertruckrental.co.uk

PANTHER TRUCK RENTAL

Rolls-Royce welcomes China Entrepreneur Club

MEMBERS of the China Entrepreneur Club were welcomed to the Home of Rolls-Royce Motor Cars today at the start of their first visit to Great Britain. The 30-strong delegation includes the sons of the Chinese business community, occupying prominent places in the national Chinese economy.

The leading manufacturer of super-luxury cars was the natural location to launch the on-day welcome for British business approaching the London Olympic Games, which will include meetings with Tony Blair, Lord Rotherford, Richard Branson and a broad range of British companies and organisations.

The China Entrepreneur Club (CEC) was established in December 2007 and was launched by 30 of the most influential entrepreneurs, economists and diplomats in China. CEC members are the most vigorous representatives in the ever-Chinese economy and are partners in promoting Greater Britain's business links among Chinese enterprises. The CEC has already led its members from different industries and last year the members' combined revenues totalled around £500 billion.

I am delighted to welcome our guests from the China Entrepreneur Club and honoured that they have chosen the Home of Rolls-Royce as their first port of call during



their visit to Great Britain," said Tamsin Muller-Owen, Chief Executive. "Rolls-Royce continues to grow nationally and China is very important to this ongoing, necessary Chinese customer confidence in the Rolls-

Royce brand, they have heritage and they also have a deep understanding of the value of craftsmanship and skills that are passed down through many generations."

In 2011, China became the leading sales

region for Rolls-Royce Motor Cars worldwide for the first time, narrowly beating the United States to the top spot. The local selling dealership was also located in the region, with Beijing leading the league table.

CAR AND VAN HIRE IN CHICHESTER

PANTHER TRUCK RENTAL



West Sussex Trading Standards
Buy With Confidence
Approved Trader

SUMMER'S FINALLY HERE TIME FOR OUR SUMMER SPECIAL



Group A Car

FANTASTIC VALUE CAR HIRE
£99.00 + Vat Per Week

BOOK NOW - AVAILABLE 7 DAYS A WEEK

CARS - VANS - TRUCKS
ALL AVAILABLE
DAILY - WEEKLY - MONTHLY

FAMILY RUN BUSINESS - ESTABLISHED 1987
www.panthertruckrental.co.uk e-mail: enquiries@panthertruckrental.co.uk
QUARRY LANE INDUSTRIAL ESTATE

CHICHESTER 01243 778109

Who can you rely on for servicing, repairs and MOTs?

- All vehicle makes serviced and repaired
- Reliable servicing at affordable prices
- Competent and trained technicians
- All brands of tyres available
- Courtesy car (subject to availability)



Rew Auto Services Ltd

Unit 13 East Mead Industrial Est. • Lavant
Chichester • West Sussex • PO18 0DB
Tel. 01243 839 520
rewautoservices@yahoo.co.uk
www.rewautoservices.co.uk



Herald Recruitment

BOXES AVAILABLE AT
£25 PER WEEK PLUS VAT

Chichester HERALD

Chichester Herald now has the following vacancies due to company expansion.

• Personal Assistant

A personal assistant is required to help with the day to day running of the company and its directors.
The role is full-time, Monday to Friday and salary is based on experience.

In the first instance, please forward a CV and a covering letter to: info@chichesterherald.co.uk
All applications will be looked at and considered. Only successful applicants for interview will be contacted.
Closing date: Thursday 10th July 2012.

• Advertising Executive

Chichester Herald requires an advertising executive to help with finding to day sales of a busy newspaper.
The role is full-time, Monday to Friday and salary plus commission is based on experience.

In the first instance, please forward a CV and a covering letter to: info@chichesterherald.co.uk
All applications will be looked at and considered. Only successful applicants for interview will be contacted.
Closing date: Thursday 26th July 2012.

pacs

Parents And Carers Support Organisation

YOUNG PERSON'S BUDDY

- Flexible Working Hours - Full or Part Time
- Flexible Hours - Including some Weekends
- 32 hrs Full Time
- Salary £10,000 - £14,100
- Subject to Experience and Qualifications

PACSO is seeking Buddies to support young people with additional needs on a 1:1 basis, enabling them to access activities within the community.
The successful applicant will be fun, energetic, self-motivated, have good interpersonal skills and experience working with young people.
A full clean driving licence and a valid enhanced DBS (check required)

Contact Ruth Gleave on 01243 330363 or email: play@pacsos.org.uk
Closing Date: 27/07/12

Gilbert & Cleveland

SALER & LETTING AGENTS

FULLTIME ADMINISTRATOR

required in our busy Lettings Department. Essential requirements are, flexibility in working hours, computer literate, car user and able to work with a minimum of supervision. Send C.V and hand written letter to Jonathan Gilbert

Gilbert & Cleveland, 10 Eastgate Square,
Chichester, West Sussex PO19 1JH

To advertise here call 01243 200999 or email: advertising@chichesterherald.co.uk

Chichester District's summer of sport starts this week

AN EXCITING summer of sport is taking place across the Chichester District from this week.

Part of Chichester District's Big Month, there are events that the whole family can get involved with.

"We have lots of different activities for children, and families, of all ages to take part in that summer from football to walking on water at Hengrave, and trampolining to rugby. The District has been surprising lots of people to get active and try new things. And with the weather hopefully starting to get warmer, we want to encourage people to come along and try something new," says Cllr Eileen Leach, Cabinet Member for Leisure, Wellbeing, and Community Services at Chichester District Council.

Rugby is the Community games start on 24 July and will be held at Eastbourne - Monday 2nd, Tuesday 2nd and Wednesday 10th August at Midhurst. Forth College Eastbourne Site, and Chichester - Tuesday 20th, Wednesday 20th and Thursday 30th August at Florence Park.

The courses, which run from 10am - 4pm, are being delivered in partnership with Chichester RFC and Driving Force Rugby Coaching Ltd.

Football is the Community games also run from 10am - 4pm and start on

Chichester - Friday 27th July and Tuesday 31st and Wednesday 31st August at University of Chichester, Bishop Otter Campus.

Soccer - Thursday 5th and Friday 3rd August at The Academy Solihull, Eastbourne - Thursday 6th and Friday 3rd August at Millbrook Foster College Eastbourne Site.
Tennis - Thursday 5th August at Tangmere Recreation Ground, Boscobel Park - Friday 17th August at Boscobel Park and
Football - Thursday 5th and Friday 3rd August at Farnham Recreation Ground.

Both the Rugby and Football is the Community games are open to boys and girls aged 9-15 years of all abilities. Through many different training drills, skills, games and tournaments, they focus on all round player development, individual and team skills, and most importantly, on having fun!

Sport and Play go open are popping up across the district. Sport and Play Pop Up are opportunities to take part in free activities on your community space, such as water play, craft activities, bubble, cricket, football, bubble play and more. The summer sessions are taking place on - Monday 30 July at Gresham Park, Chichester - Tuesday 30 July at Mount Park, Solihull - Wednesday 10 August at Tangmere

Recreation Ground, Thursday 10 August at Boscobel Park, and Monday 30 August at Florence Park, Chichester.

For more information, please contact the council's sport team on 01243 330369 or email sports@chichester.gov.uk

There are also lots of activities taking place at Hengrave Leisure. Hengrave holiday club offers sporting activities with the chance to create and play, 2 or 4 for ages 9-15 years and runs from 8.30am-5.30pm each day of the holidays. For more information or to book your space, please contact Hengrave Leisure Chichester.

Hengrave is also offering a variety of classes and activities during the holidays. Please call the centre for times and prices.

Other holiday activities include - Trampolining - drop in classes for mixed abilities and ages, on Mondays. For children aged 9+, - Mini Trampoline - trampolining for children aged 9-15 on Mondays, - Pop & Fun - the Pop & Fun programme, held on Thursdays, is a safe, simple and structured programme from the pool edge for children aged 9+, - Aquarobics - aquatic, pump and bounce all over Hengrave on a very wet aquatic area suitable. For children aged 9-15. On Tuesdays from 9.30am-11.30am and

Thursdays from 1.30pm-3.30pm, - Motorbikes - for children aged 9+ On Wednesdays from 4.30pm, - Fishing - for children aged 6+ On Fridays from 1.30pm-3.30pm,

- Pre-school gymnastics - rock-climbing, inflatable techniques such as climbing, balancing and rolling. For children aged 4+, On Wednesdays from 11.30am-1.30pm, - Circus - for children aged 5+, On Thursdays from 11.30am-1.30pm, - Net fun and games - an hour of non-sporting games using a selection of sports equipment and programmes designed for the water. For children aged 8+. On Tuesdays. Children must be water confident and be able to swim. Users to take part and,

- Surfing - using mats, fins, inflatable and happens with instruction by a professional and qualified instructor. For children aged 16+. On Tuesdays. Children must be water confident and be able to swim. Users to take part.

There will also be events open for 16+ at Hengrave Leisure Centre, Monday-Friday at selected times.

For more information, please contact Hengrave Leisure Chichester on 01243 330369, Hengrave Leisure Centre on 01243 330369, or visit www.hengraveleisure.co.uk



Sport

Hotter Racing

Celebrities take the reigns for Glorious Goodwood's magnolia cup

THE LADIES are back on the Downs as they return to take part in the Magnolia Cup, presented by Asda at Goodwood Racecourse. For the second year running, the exciting celebrity charity race includes a mix of skilled horse-riders including British supermodels like Campbell and Kate Moss and luxury fashion designers Vivienne Westwood and Alexander McQueen. They take on the roles of jockeys, with designers' team supporters in aid of Special Rewards and Westwood's team on Ladies Day, Thursday and August at Glorious Goodwood.

Current reigning Magnolia Cup champion, Ede Campbell will be returning to defend her title along with fellow jockey-enthusiasts, Kasia a DJ Kate Cox, Chloë a Presenter, Emma Spencer, and new horse-riding model, Rosemary Ferguson and Shazley Gail Jade McQuinn. Ede Campbell commented: "I'm probably used to being on a horse but I can't do any better than last year but I couldn't resist a chance to be involved as such a fun experience that raises so much money for charity. Other celebrities including our house for charity as Ladies Day include

five jockeys, Philippe Hildard and racing celebrity Francesca Coman.

The celebrity riders will be decked out in bespoke racing silks created by renowned fashion designers and models including Kate Moss, Sarah Trent, Linda Barker, Pollyanna, Suzanne Deveraux, Amanda Miley and Pearl Lowe. "I was asked about designing the jockey silks, I am a fashion designer, I have designed clothes for the Ladies Day race. As a fan I loved going to the races in Ireland and a great part of the colour and excitement is the colours the jockeys wear. It is a designers dream."

The jockeys and designers will be battling it out on the track in one of two special charities, Special Rewards for Westwood's World. Special Rewards is the UK's leading charity funding medical research aimed at the need to develop reliable treatments for polycystic ovarian syndrome. Westwood's World is the principal childhood leukaemia charity and the largest provider of services to hospitalised children, young people and their families in the UK.

Both charities will benefit not only from

aparture donations on the day but proceeds from the glamorous Race Week Raceway/Gala Fall hosted by Lord and Lady March at Goodwood House on Wednesday August. Along with delight, surprise and champagne throughout the evening, singing sensation Paloma Faith will take to the stage to perform an electrifying finale for the Raceway Gala event.

Glorious Goodwood kicks off on Tuesday 30 July in spectacular fashion as thousands of spectators flock to the course to witness in what is considered the pinnacle of the sporting and social calendar. The style show is high on the evening's agenda as fabulous fashion and spectacular horse racing take over the racetracks.

Chiefed champagne, accolades



strengthening glamour and style can be found in abundance as the public gather over the five days to soak up thrilling races including the Diamond Jubilee, Ladies Charity Race and the Blue Square Stewards Cup.

Tennis

Move over Serena Williams and Roger Federer – Chichester District has its own tennis champions

SERENA Williams and Roger Federer may be the world's most famous tennis champions, but Chichester District has its own young tennis champions.

Chichester District Council, in conjunction with Active Sussex, has been running the Sportsweek Tennis Champions scheme around the district.

The scheme has been running for the past few months in Chichester, Midhurst and Southbourne. Almost 40 young people have been involved.

The aim of the scheme has been to encourage young teenagers to continue with sport through professional tennis coaching sessions.

Councillor Simon Lamb, the council's Cabinet Member for Leisure, Wellbeing, and Community Services, says: "This is a new scheme and it has been a great success. It's really important to encourage young people to continue to play sport, especially for those young people where there aren't many other sports on their radar. We hope that will keep them enthusiastic about tennis and they will continue to with the sport."

The scheme has received positive feedback from the participants. Amy Wright, 14, from Chichester High School for Girls, has attended sessions at Chichester Sports and Fitness Club. She says: "I've really enjoyed the sessions and learned a lot. I will definitely be continuing to play after this."

Police Chichester High School for Girls pupil, Louise Beck, also 14, says: "I've picked up a lot of tips about playing. It has helped perfect my skills." She added that her favourite player was Andy Murray because of his dedication to the sport.



Furniture & Mirror

The Furniture
Ombudsman

**NEW ARRIVALS -
DINING/LIVING**



Showrooms

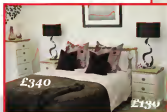
SUPERIOR QUALITY - SUPERIOR SERVICE

THE LARGEST SELECTION OF TOP QUALITY

OAK - PAINTED + FRUITWOOD FURNITURE IN THE REGION!

FREE DELIVERY + SET UP [60 MILE RADIUS]

NOW OPEN @ 121 MONTAGUE ST - WORTHING BN11 3BP



**CHOICE OF
5 X PAINT FINISHES
SOLID OAK TOPS/KNOBS
SOLID PINE CARCASSES
DOVETAILED DRAWERS
HUGE RANGE
MADE IN UK**

Online Full Catalogue: www.furnitureandmirror.com

OPEN 7 DAYS INC. ON SITE FREE PARKING

UNITS 5-6 TERMINUS MILL, TERMINUS ROAD/IND. ESTATE,
CHICHESTER. PO19 8UN - (Near Shipham)

VISIT US SOON - YOU WILL BE AMAZED !! Tel: 01243 783960

**NO EQUALS FOR
THIS QUALITY AT
OUR PRICES IN
THE REGION!**